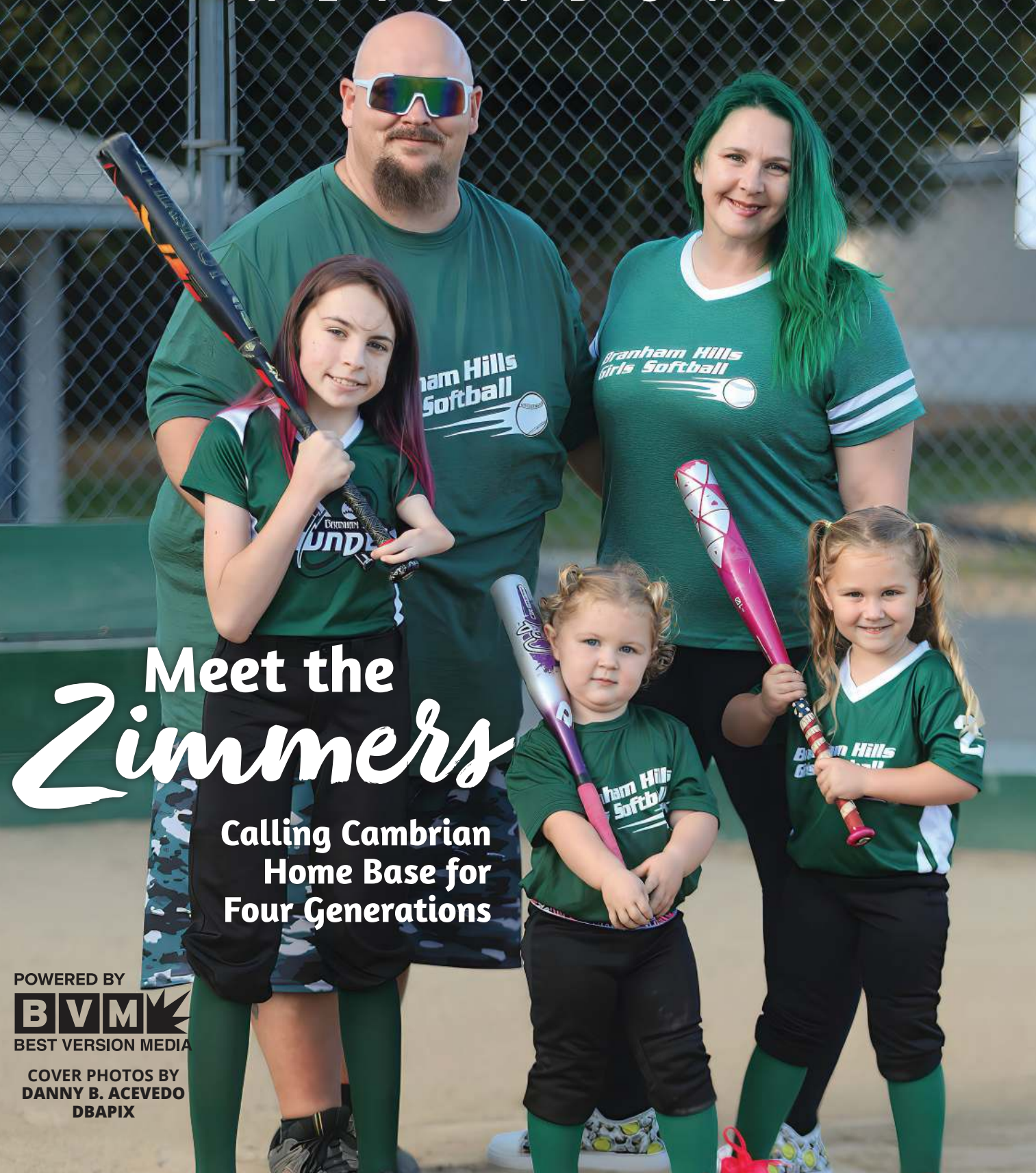


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Dr. David Reed

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reedanimalhospital.com

Dr. Reed and his staff are dedicated to providing comprehensive veterinary care with a personal touch. The hospital offers a wide range of services including adult and senior pet wellness, puppy and kitten wellness, dentistry, dermatology and emergency care. The facility is equipped with a complete in-house laboratory, digital X-ray and a full pharmacy. Dr. Reed and his team prioritize treating each pet as if they were their own, ensuring compassionate and thorough care for all patients.



Danielle Patterson

COMMUNITY CENTER
JCC Los Gatos
Danielle Patterson
408-357-7429
apjcc.org

JCC Los Gatos is your neighborhood community center, welcoming people of all faiths and backgrounds and specializing in a wide range of total health and lifestyle programs for people of all ages and abilities.

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Belinda Yamashiro

COOKING CLASSES AND PARTIES
Taste Buds Kitchen
408-784-3000
tastebudskitchen.com/san-jose-south

I have always loved spending time in the kitchen and sharing great food with friends and family, and I am thrilled to be able to share my passion for cooking and baking with the kids, adults and families in the San Jose community, and hope to inspire others to do the same! After all, the kitchen is the heart of any home and how better to show others you care about them than making them something mouth-wateringly amazing?! My culinary crew and I look forward to seeing you in our kitchen and creating delicious, fun-filled memories!



Jana Parker, MS, LEAP, ABSNP

EDUCATIONAL ASSESSMENT & LEARNING CENTER
Mind By Design
Jana Parker, MS, LEAP, ABSNP
669-282-2510
themindbydesign.com

Meet Jana Parker, the CEO and Founder of Mind by Design, an empowering educational psychology and intervention practice in Campbell, CA. Mind by Design specializes in psycho-educational evaluations and offers a range of services, including speech therapy, academic tutoring, executive function coaching, and parent support. Passionate about helping families navigate the educational system, Jana leads her team of compassionate and knowledgeable specialists, striving to help children and families thrive.



Dr. Bradford Perkins, MD

FAMILY MEDICINE
Dr. Bradford Perkins, MD
408-378-1101
bradfordperkinsmd.com

I have been a family physician for almost 20 years. Being able to help patients and their families over the long term was something I truly enjoyed, so I chose this field in order to focus on improving lifestyle and wellness, help families through tough times and celebrate life's milestones. I am a concierge family medicine doctor here in Los Gatos and also offer a weight management program and a wellness suite that incorporates the latest technology to help with muscle strength, fat burning and pelvic floor health.



Dr. Raman Nazari

GENERAL AND COSMETIC DENTISTRY
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Dr. Raman Nazari is passionate about educating his patients on how to achieve optimal oral health. As someone who believes in comprehensive dental treatment, he makes sure to customize each patient's treatments towards their own individual needs. Dr. Nazari is committed to continuing his education and staying informed with the newest techniques and technologies in order to provide the best patient care possible. He is also a current faculty member at UCSF School of Dentistry, where he takes great pride in being able to pass down that knowledge to his students. Make an appointment today to see how his practice is devoted to restoring and enhancing the natural beauty of your smile!



Mike Potenza

HEALTH & FITNESS / GYM
Mike Potenza and Dan Waters-
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408-539-RIDE (7433)
info@spengalosgatos.com
www.losgatosca.spenga.com

Mike has been in the performance enhancement industry for 20+ years working with athletes and clients ranging from professional to military to youth sport. Mike currently serves as the president of the Strength Coaches Association of Professional Hockey and is the Director of Strength and Conditioning for the San Jose Sharks Hockey Team.

Dan is a former collegiate swimmer & water polo player. Dan has devoted his career to bringing to market disruptive products and quickly growing revenue for companies Samsung, xnor.ai, Apple, and Siri.

Both families work in Los Gatos, are part of the community, and are proud owners of Spenga.



Dan Waters



Dr. Juliet Tablak

HEALTH AND WELLNESS
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Juliet Tablak
408-891-8222
Email Address: info@losgatoswellness.com
www.losgatoswellness.com

Dr. Juliet Tablak, D.C. is a chiropractor and functional medicine practitioner. She specializes in individual health care for women and has a passion for working with women who are struggling with hormonal imbalances from PMS through menopause; including infertility, pregnancy, and postpartum care. Dr. Tablak is the owner of Los Gatos Chiropractic and Wellness Center, a multidisciplinary women's health clinic, in Los Gatos.



Sydney Bates

OCCUPATIONAL THERAPY
Grow Beyond Services
408-834-0018
growbeyondservices.com

Grow Beyond has a dual mission of providing both pediatric and maternal health occupational therapy services in order to improve continuity of care and quality of life for women and children across the lifespan. We understand that while parenthood can be a new and exciting experience, it can also be difficult and overwhelming, which is why we are here to help. We believe that when parents thrive, children thrive. And when children thrive, families thrive.



Jameson Elam

PEST CONTROL
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After eight years in the business, Jameson Elam decided in September 2020 to venture into owning and operating his own business. He now has the opportunity to mold his services into exactly what a customer is looking for and offer a warranty that includes the most amount of services as a standard for each client. "Service at a level you deserve" is more than just his tag line, it's the foundation his business is built upon because he truly believes everyone deserves the best.



Alex Bouja

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Mark joined the Wells Fargo Home Mortgage Team in 2007. He has 25 years of experience in all areas of mortgage financing and closing loans. Mark grew up in Cambrian, and now lives in Los Gatos with his wife and three sons. Mark truly understands your financial needs and has the knowledge and resources that will allow you to obtain a mortgage that is right for you.



Joe Andrews

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Leona Stephenson

SKIN CARE & HAIR REMOVAL
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Leona Stephenson
408-755-0102
www.vividbrowsandskin.com

I started my career in esthetics in Arizona 14 years ago before my family and I moved to San Jose. Vivid Brows and Skin has grown from a solo esthetician with one room to now a beautiful, 1000 sq. ft. space with a growing team of awesome humans! We are a local skin care and waxing business that offers customized skin treatments and hair removal for both men and women. Whether you need brow shaping, acne treatment, or want to indulge in a relaxing facial, we have you covered with our team of licensed professionals! We are celebrating six years here in the bay area, and we can't wait to help you with all of your skin care needs!



Kristina Williams

YOUTH SPORTS AND RECREATION
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Kristina Williams
408-596-2590
kristina@losgatoselite.com
www.losgatoselite.com

Kristina is a Cambrian native and proud owner of Los Gatos Elite. She has been in the youth sports industry for over 25 years and loves helping children and families through sports. As a mom of four, wife and active member in her community she knows how important making meaningful connections in her community is. Kristina loves to share her experience as a coach, mom, and business owner.

CAMBRIAN NEIGHBORS

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Would you like to be a part of Cambrian Neighbors? Do you have an adorable pet, community event, recipe, or sports team you would like featured? Do you have any feedback or just want to say hello? Then we would love to hear from you! Please email stephanieking@bestversionmedia.com with all your Cambrian Neighbors content!



We are on Instagram!
[cambrianlivingandneighbors](https://www.instagram.com/cambrianlivingandneighbors)

|| LETTER TO RESIDENTS ||

Hello Cambrian,



Michele Anderson
Founding Publisher of
Cambrian Neighbors
& *Cambrian Living*

As we step into the holiday season, November always feels like a time of reflection and gratitude. It's the perfect moment to pause and appreciate the people, moments, and opportunities that have shaped our year. For me, this magazine is one of those things. It's a privilege to connect with so many incredible people in our community and to share the stories of families, businesses, and individuals who make this area such a special place to live.

This month, as we prepare for Thanksgiving and gathering with loved ones, I'm reminded of the power of local connections. Our community thrives on the relationships we build, whether it's through supporting small businesses, lending a helping hand, or simply sharing a smile with a neighbor. These connections are what truly define us.

I also want to take a moment to acknowledge how important health and wellness continue to be in our lives. As we head into the end of the year, it's easy to get caught up in the hustle and bustle, but I encourage all of us to find balance and prioritize our well-being. Whether it's carving out time for a walk, taking a deep breath during a busy day, or trying something new to enhance your health, let's not lose sight of taking care of ourselves.

Thank you for being part of this journey with us. I am so grateful for each of you, our readers, and our local businesses who make this magazine possible. Let's keep lifting each other up, celebrating our community, and staying strong together.

Wishing you and your loved ones a peaceful and joy-filled November.

Warmly,

Michele Anderson

Michele Anderson

Founding Publisher of *Cambrian Neighbors* & *Cambrian Living*

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Meet the *Zimmers*

Calling Cambrian Home Base for Four Generations!

BY STEPHANIE KING

PHOTOS BY DANNY B. ACEVEDO, DBAPIX AND SUBMITTED BY THE FAMILY

In 2007, Michael Zimmer and Angel moved into their home in the Rose/Sartorette neighborhood. This home, however, was not new to the Zimmer family. In fact, Michael and Angel were the third generation to live in this home! Safe to say, the Zimmer ties to Cambrian are strong and prolific.

Michael and Angel, both Cambrian area natives, met through a co-worker who was convinced the couple was meant to

be. Turns out, this coworker was indeed correct and in October of 2008 Michael and Angel married at Central Church of Christ on Foxworthy Ave. After their nuptials, the Zimmers spent their honeymoon in Cancun where they enjoyed visiting Chichen Itza and lounging at the beach.

For the past sixteen plus years, Michael has worked at BAE systems where he is currently a government property manager. Michael's father also worked for the

same company, which used to be called FMC. Currently, Michael is taking college courses at Mission and working towards a degree. Angel worked as a pharmacy technician for eight years and now enjoys volunteering as well as working for her kids' elementary school. She has spent the last six years as a yard duty at Reed Elementary.

Currently, the Zimmer family consists of Michael, Angel, Athena (twelve years old),

Persephone (four years old), and Artemis (two years old). All three girls are big fans of softball; both Athena and Persephone play for Branham Hills Girls Softball, and Artemis cannot wait to start next year.

Athena Zimmer, the oldest of the Zimmer sisters, has always faced life with an inspiring blend of courage and grace. Born with early onset scoliosis and a limb difference, Athena's journey has been anything but easy. Yet, her indomitable spirit shines brightly as she navigates her challenges. From a young age, Athena has been captivated by sports, sharing her family's love for the San Francisco Giants. When she first joined Branham Hills Little League, she embraced the game, even as the only girl on her team. When she discovered Branham Hills Girls Softball, it changed everything, finding a community that welcomed her with open arms. Although the pandemic delayed her debut, when she finally stepped onto the field in the fall of 2021, she felt an overwhelming sense of belonging among her teammates. Inspired by slightly older girls, Athena discovered a passion for pitching. She eagerly attended clinics and took private lessons, transforming challenges into opportunities for growth. Her hard work and determination paid off as she became a starting pitcher for several seasons and joined the Branham Hills Thunder travel team. Athena dreams of playing softball at Stanford University, her birthplace, and her ambition drives her forward. Recently, Athena underwent spinal surgery, a significant hurdle in her journey. Though she couldn't play this season, her heart remains on the field, and she looks forward to reuniting with her teammates. Athena's story is one of resilience, passion, and unwavering hope—a testament to her belief that with determination, any dream is possible. Her journey inspires everyone around her, reminding us all to embrace our challenges and pursue our passions with heart.

Persephone and Artemis look up to their big sister (rightfully so!) and have spent



their entire lives watching Athena play softball. "Persephone started Little hitters, the 4u team at Branham Hills and adores the game and her coach," Angel states. "Artemis will be 3 in the spring and can't wait to join little hitters with her sister. She was born into softball attending her first game at only 3 days old. Artemis calls the fields of Alta Vista Elementary home and we kind of agree, it is definitely our home away from home and where our hearts live. The community the girls feel while at the fields is like no other. They play in the dirt and build friendships with families of all ages and never ask when it's time to leave."

The Zimmers are also huge animal lovers and have opened their home to a dog named Memphis, chickens, a bunny, two snakes, a bearded dragon, leopard gecko, and a baby chameleon.

Hands down the Zimmer's favorite part about living in Cambrian is their community. "Our neighbors are amazing," Angel exclaims. "We know all of them by name and go outside and the children play together almost everyday for as long as we can remember." Neighbors also pet sit, plant sit, and in general look out for each other on the Zimmer's street. They also participate in neighborhood events such as water playdates, outdoor movie nights, group trick-or-treating, and salmon pot-lucks. It's like one big family, which is fitting considering Cambrian has nurtured and helped grow generations of Zimmers.





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BRANHAM HILLS GIRLS SOFTBALL

BY STEPHANIE KING

Branham Hills Girls Softball is a family-based organization where any girl who wants to play softball will play regardless of their skill set. Started in the neighborhood in 1964, BHGS boasts a team for everyone: three-year-old littles hitters to 14-year-olds. BHGS has a playing level that ranges from beginners to competitive teams. The primary season is spring, with softball in the summer and fall. Oh, and BHGS also has one of the highest-rated snack shacks on Yelp. What is not to love about Cambrian's local softball community organization?

For nearly 30 years, the Coyne family has been at the center of the league. Mom Kris, dad Butch, and daughters Katie, Emily and Molly. Everyone in the family has been involved, as players, coaches, managers, and board members. Molly and Katie were players for ten years, and both returned to the area after college to participate as player mentors, coaches, and board members. Emily played for



the league while battling childhood leukemia and played for several years until she passed away at age 11. BHGS was a welcome sanctuary for Emily, where she felt she could be a kid despite her medical battles. Emily wished to keep the BHGS community spirit alive so all girls would feel welcome despite their circumstances. The Coyne family has made good on their promise and works diligently to ensure BHGS is a place "where every girl is valued and welcomed and will play, no matter her skill level, physical ability, or financial means."

In the 1990s, Butch and his wife Kris moved to Cambrian to raise their three daughters. The Coyne girls attended Oster Elementary, Union Middle, and Leigh High School. Kris works at the Deaf and Hard-of-Hearing school on the Oster campus. Butch works at Santa Clara University, Katie is a special education



teacher at Ponderosa School, and Molly is a research scientist in San Francisco, where she contributes to the fields of cancer therapeutics and reversing disease and aging.

BHGS has always been about community and supporting the players and families in the area. We invite anyone interested to contact us. **Do you need more information, or would you like to talk to a real person about BHGS? It's easy! Start the connection with Molly. Email her at vicepresident@bhgs.net**

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|| CALENDAR OF EVENTS ||

NOVEMBER



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FRUITSHARE

BY STEPHANIE KING

In early 2024, high school students Aditya Jha (Junior at Leigh High School), Arav Bansal (Junior at Saint Francis High School), and Aryan Mohanty (Sophomore at Leigh High School) noticed a problem in their neighborhood. So many homes had prolific fruit trees, many were adorned with far more fruit than families could eat! So much fruit was going to waste, but these three innovators decided to do something about it. In March of 2024, FruitShare was formed with the simple goal of reducing fruit waste in the Cambrian area.

FruitShare collects extra fruit from local homeowners free of charge and donates the produce to local food banks such as West Valley Community Services and Calvary Church. It's really a win-win for the community; homeowners can maintain healthy fruit trees while those who are food insecure can enjoy fresh and local produce. FruitShare takes care of everything for homeowners, from picking to transport to delivery! This effortless and simple way to give back allows donors to schedule weekend pick ups at their convenience and also keep a portion of the produce for themselves if they like.



Not only is FruitShare making an impact in the name of sustainability, they are also creating a community of like minded volunteers who are helping the non-profit grow! FruitShare hopes to expand to the greater Bay Area in the future. When Aditya, Arav, and Aryan aren't volunteering their time, they enjoy hiking together and are all determined to pursue careers in STEM.

"If you have a fruit tree that produces more fruit than you need, and want the fruits to go to people who can benefit greatly from it, sign up through our website (<https://fruitshare.org>) and a team of volunteers will come to your house on a date and time that works for you and pick your fruits completely for FREE. If you would like to support us in a different way, reach out to us (contact fruitshare@gmail.com) and we will let you know how you can support us. If you would like to volunteer, feel free to email us at contact.fruitshare@gmail.com to learn more about volunteer opportunities through our organization."

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Raman E. Nazari, DDS

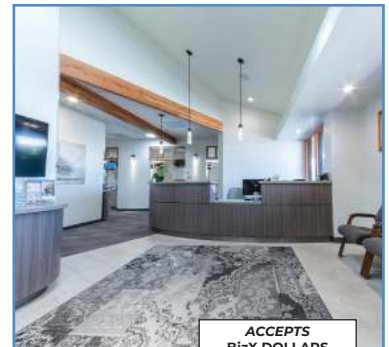
Dr. Nazari is a compassionate and energetic dentist who believes in comprehensive dental treatment. He is always inspiring his patients to take steps to achieve optimal oral health through education and customized treatments towards their individual needs.



Dr. Nazari is a native of San Jose and attended Leland High School. After completing his undergraduate studies from University of California Merced, he then attended Columbia University to pursue his Master of Public Health degree in Epidemiology, and soon after went on to earn his Doctor of Dental Surgery degree from the University of California San Francisco.

Dr. Nazari is a former faculty member at UCSF School of Dentistry, where he loved to pass down his knowledge to current students. In order to gain more experience and broaden his knowledge, Dr. Nazari is committed to taking continuing education and staying up to date with the latest techniques and technologies in order to provide the best patient care possible. He is also an active member of the American Dental Association, California Dental Association, Santa Clara County Dental Society, and the American Academy of General Dentistry.

Dr. Nazari's favorite part about being a dentist is forming quality relationships that are based on integrity and putting the patients' best interest at heart. In doing so, he listens to his patients concerns and goals in order to develop a comprehensive treatment plan and includes his patients in the education and decision-making processes.



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A BRAIN UNDER CONSTRUCTION: HELPING YOUR CHILD TRAIN THEIR BRAIN FOR SUCCESS

BY RACHEL Z. ROTH, M.ED., DIRECTOR OF EDUCATIONAL SUPPORT SERVICES | MIND BY DESIGN

As parents, we are always looking for ways to help our children, teens, and young adults be the best version of themselves. When your child has the added layer of a neurodiverse brain (one that thinks and learns differently), it can be quite challenging for them to figure out how to navigate a world that isn't traditionally very accommodating of people who think or act differently.

As you learn more about how your child takes in and processes information, keep in mind that it may differ from your own approach, which can be frustrating, especially if you do not know or understand why they can't see it "your way". In the world of special education and neurodiversity, understanding how children and young adults learn is a big part of how we help support them in skill acquisition, generalization, and maintenance.

Children often need more structure than they are willing to admit; they often get easily frustrated when things do not go as expected. When they experience frustration, that can lead to higher levels of stress, chaotic thinking, and sometimes even impulsive decisions because they don't like the situation they are in. As parents, how you respond to your child when they are in this mode is incredibly important, as they look to you for help and guidance.

WHAT WE KNOW ABOUT HOW THE BRAIN LEARNS & DEVELOPS

Neuroscience teaches that the brain is "plastic" (flexible) and therefore capable of learning new things. The younger we

are, the easier it is for us to create new connections, build new habits, acquire new skills, and adapt to new ways of learning or thinking. For an individual with a neurodiverse brain, the journey to developing new skills may look different than for a neurotypical individual. That being said, there really is no "one true way" of doing things, nor is there a "one size fits all" approach to supporting learning. We need to understand that everyone's brain works and learns a little differently. Therefore, we need to help each individual learn and develop skills and strategies that work best for the way their brains work.

Did you know that we actually have to train our brains to learn how to read? We are not innately born with this skill. It is our exposure to language, taking it in through our senses, that helps us learn to interpret language, associate sounds with letters, recognize letter patterns, and see combinations of letters as words. The fact that we can train our brains to do this proves that there are other things we can "train our brain" to do. It's important to recognize that just because we aren't good at something right now, that doesn't mean that we can't develop the skills we need to improve and grow. Some examples of this are when we learn how to ride a bike, play an instrument, or learn how to play a new sport. Repeated practice and exposure help us build the connections necessary to perform these skills, so that we can access that memory later whenever we need to apply it to a situation or environment. The same can be done for learning new skills that support improved learning outcomes at school.

USING WHAT WE KNOW TO SUPPORT BRAIN DEVELOPMENT & GROWTH

In the field of education, researchers have discovered that instead of individuals having one true learning style, we actually have a series of learning preferences. These guide our approach to learning, taking in new information, applying that information, and using it to aid in future learning. Additionally, neuroscientists have done brain imaging studies that show that new brain areas are activated when new skills are acquired and used by an individual who had weaker skills prior to remediation. Therefore, we know that interventions and remediation can help children and young adults learn to rewire their brains as well as activate parts of their brains that may be underused or more dormant.

The prefrontal cortex of our brain, located behind the forehead, can be equated to the "air traffic controller" of our daily lives. When children are in school, they are learning and acquiring the skills necessary to train the prefrontal cortex region of the brain to perform very specific types of tasks (decision-making, problem-solving, planning, organizing, and other executive functioning skills). The fact is that our prefrontal cortex is still developing and creating new connections until our mid to late twenties. This is part of the reason why teenagers struggle with these skills; their brains just haven't figured all of this out yet. When you throw hormones into the mix, that makes for stressful times and frustration from parents who know their kid can do things but isn't.

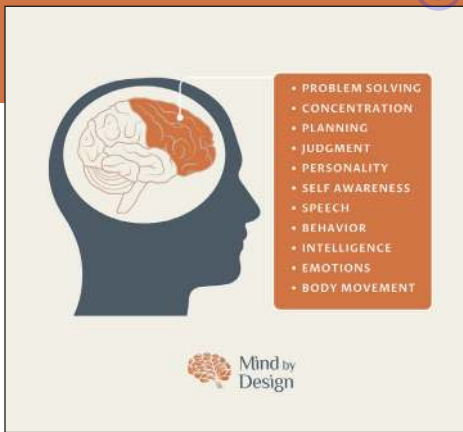
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WHAT DOES THIS MEAN?

At the end of the day, your child wants to be a good student. They don't want to struggle, and they don't want to disappoint you or live in the land of frustration all of the time. If they are resistant to help, it may be out of fear of standing out from peers, fear of failure, or lack of confidence. When I talk to parents about coaching and educational support services, we often talk about the fact that this isn't a lack of ability or intelligence. Rather, their child just hasn't learned these skills yet; their brain is still "under construction" and needs help and support to solidify these skills into habits and routines.

TRAINING THE BRAIN

So, how do we train their brain for success?

It starts with identifying what is getting in the way. Sometimes that might be getting an educational assessment or talking to an educational specialist. Other times, it's meeting with a tutor or educational therapist to help guide your child down the path to success. We always strive to foster a growth mindset and build confidence as students begin to gain new connections and start to utilize skill sets that are novel to them. We need encouragement to truly try new things and build confidence in the unknown or unfamiliar.

Training our brains takes time, patience, and effort. None of this is easy work, but believing they can be successful is half the battle. The rest is time! Creating new pathways can be mentally demanding and taxing, but it is also incredibly rewarding for students and their families.

Here are some tips and strategies to help foster that growth and confidence and to encourage your child to keep bridging those gaps on their road to success:

- Help them set realistic and attainable goals.
- Track progress over time, but encourage progress not perfection.
- Celebrate their wins!

- Help them build self-awareness through understanding what they are good at and identifying their own challenges/barriers to success.
- Model using things like a weekly calendar or planner, checklists, and reminders to show that these are common tools that others use to organize their lives.
- Guide them, don't do things for them.
- Show patience, empathy, and understanding when they struggle.
- Model coping skills and strategies for dealing with stress.
- Encourage them to communicate with you and their teachers when they need help.
- Spend time doing fun things together so they don't associate you with all the negative things about school or their learning challenges.
- Don't be afraid to ask for help if you aren't sure what to do.

If you feel like you or your child could benefit from additional support in the development of these skills, please feel free to reach out to us at Mind by Design to discuss how our services could benefit your family.

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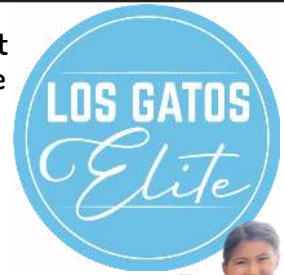
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15705 Camino Del Cerro	2,417	4	3	\$2,575,000	\$2,610,000	1,080
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15433 Blossom Hill Rd	3,504	5	4	\$2,600,000	\$2,550,000	728
15543 Longwood Dr	1,650	3	2	\$2,478,000	\$2,538,000	1,538
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15316 Cooper Ave	1,405	3	2	\$1,995,000	\$2,305,000	1,641
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2336 Samaritan Dr	1,740	5	3	\$2,188,888	\$2,130,000	1,224
4856 Kingridge Dr	1,300	3	2	\$2,100,000	\$2,100,000	1,615
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2364 Venn AVE	1,374	4	2	\$1,788,888	\$1,999,999	\$1,456
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